

Short Stature (AK 13-USDA 121)

Explain to Participant

Your child is enrolled in the WIC program today because his/her length or height for age is $\leq 10^{\text{th}}$ percentile based on the National Center for Health Statistics (NCHS) growth charts. Abnormal short stature in infants and children often happens when limited nutrients are supplied in their body cells. Short stature is related to the lack of total calories eaten and to a poor quality diet that didn't provide enough protein, mostly animal protein, and inadequate amounts of nutrients. Short stature may also result from disease conditions.

Goal

The goal is to improve your child's height and weight.

Suggestions for Reducing Risk

Follow the recommendations of your infant/child's health care provider.
Bring your child to the WIC office for a height check in 3-4 months.
Offer breastmilk or iron-fortified formula for the entire first year of life.
Explain the nutrition education materials suggested.
Explain infant cues and practices.
Offer your child a variety of foods from all the food groups every day.

Nutrition Education
Material Suggested

Food for Your Baby's First Year & Your Growing Child

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Iron Fortified Infant Formula	Calcium Vitamins A & C, Protein, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.

Iron Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

Vitamin C Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

Protein Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

Vitamin A Helps keep your skin healthy and smooth. Help you see at night.

Materials with More Information

Food for Tots